

RESIDENCE CHANGES
OF GERMAN FEMALESMust Obtain Permits Before
Making New Residence

United States Marshal G. F. Alexander has received instructions from attorney general of the United States calling attention of German females to the following important requirement, governing the change of residence of German alien females.

German alien woman changing place of residence to another place within the same registration district shall immediately report any change to the registration officer of the registration district and must to such registration officer registration card for the purpose having endorsed thereon by such registration officer the change of residence.

German alien female who desires to change her place of residence to a place of residence within another registration district must obtain a permit. Such German alien female must present herself to the registration officer of the district in which she resides and make application for the permit on a form supplied by the registration officer, and must her registration card to the registration officer for the purpose having the permit of change of residence endorsed upon her registration card.

A change of residence in violation of the regulations subjects an alien female, among other penalties, to arrest and detention for the period of one year.

The United States Marshal, Portland, Oregon, has a supply of change residence blanks in his office for distribution to the Chief Registrars (Chief of Police) in cities of over 10,000 population, according to the 1910 census; and to the Postmasters (Assistant Registrars) in communities having a population of less than 10,000 according to the 1910 census.

WILL USE ROUND-UP

Pendleton, Ore.—Oregon state Liberty Loan headquarters are making extensive plans for featuring the Fourth Loan campaign before the crowds at the annual Round-Up in this city, Sept. 19-21. Their tentative program includes bringing to the city the military band from Camp Lewis, a trainload of trophies from the battlefields of France and a number of speakers to make short talks from the crowds at the stadium.

Milton R. Klepper, state speakers' manager, called upon the directors of the Round-Up to lend the fame of their show to advertising the Fourth Loan, the campaign for which will open the week following the Round-Up. The directors, having already pledged all profits to the Red Cross, gave the Liberty Loan officials free leave to advance their campaign in any method they choose and will cooperate in preparing some novel and attractive features for the parade and show.

DAILY SUGAR RATION

The following data may be helpful in measuring the daily ration of sugar. There will be variations, of course, but this is as nearly accurate as a simple statement can be.

Monthly ration—2 pounds.

30-31 days—2 pounds.

Approximate Daily Ration*

1 day, 1 ounce; or

1 day, 2½ level tablespoons; or

1 day, 1 round tablespoon; or

1 day, 6 level teaspoons; 3 level

teaspoons for beverages; 3 level

teaspoons in cooked food; or

1 day, 6 half lumps (1½x1½x3-8

inches), one-half lump three times a

day in beverages; one-half lump

equivalent to the sweet in food at

each meal.

*Teaspoons per Pound

96 level teaspoons equal 1 pound.

48 rounded teaspoons equals 1

pound.

32 heaping teaspoons equal 1

pound.

*Average household teaspoon.

FARM COIN, CROPS
AND FIGHTING SONSShiploads of Bacon a Mere Item in
Procession of Food to Fighters

Nowhere has appeared a more succinct reminder of the enormous resources of the American farm and the farmers' instant readiness to meet any war demands than a brief dispatch from London recently announcing the suspension of the ration limit on bacon.

Owing to the accumulation of stocks of 97,000,000 pounds of bacon from America, the dispatch said, the rationing of bacon would be abandoned for the time.

Since this enormous stock was for civilian requirements and probably a much greater quantity had been safely landed for allied army needs it does not require extreme imagination to visualize the long procession of cargo ships which has steamed across with this one item of the food supply.

All the cargo space of from eight to twelve freighters of average size would be required to transport 97,000,000 pounds.

WHEAT GROWN
DESPITE SABOTAGE

Despite the burning of grain elevators, the torpedoing of wheat ships, and sabotage and arson in the grain fields of the country, the American farmer has gloriously played his war part by producing sufficiently big crops to feed the allied world, as his sons have brought fear in to the hearts of the enemy at Cantigny and Chateau Thierry and in the Rhine-Southern battle.

Now we read that others besides von Kuehlmann believe that Germany cannot win by force of arms, as those Germans not dupes of the propaganda-fed German press already knew that England could not be starved by von Tirpitz' ruthless submarines.

But far from being satisfied with this major part in winning the war, the farmer has played a liberal part in financing the struggle. Last spring, with seed and implements to buy, and all the pre-harvest expense of wages and maintenance, not an agricultural district in the west failed to meet or oversubscribe its quota of the Third Liberty Loan.

FARMERS FIRST
IN LIBERTY LOAN

Oregon, almost purely an agricultural and stock-raising state, was the first in the district to announce its quota exceeded.

The farming districts were uniformly more prompt in meeting their assigned obligation than were the metropolitan districts where banks and factories were concerned.

With the coming of the Fourth Liberty Loan, which will overshadow any previous financial triumph of the United States by two to one, the farmers part should be relatively easier since he now has turned his matured crops into cash.

The Fourth Liberty Loan, calling for twice as much as any of the previous war funds, all of which were epochs in the country's history, will show the United States really buckling down to business.

4TH LOAN CALLS
FOR FULL EFFORT

Despite our present training in thinking in nothing less than six figures, the Fourth Liberty Loan is a huge sum and will require a long, strong pull from every citizen if it is to be accomplished in three weeks, from September 28 to October 19, allotted.

There is no more doubt of the fulfillment of the loan on schedule time than there is that the American army will throw von Hindenburg and Ludendorff back across the Rhine.

And as surely as tens of thousands of the bravest of American youth will lose their lives in the fierce combats in which the Hun will be forced backward out of France, just so surely will the raising of the great Liberty Loans not be accomplished without every American marshalling the last dollar of his resources, and abating every unnecessary expenditure.

"Six months of war among the great powers will bankrupt the world," said economists before August, 1914.

Now, with the Allied Powers preparing to end the war in its sixth year, the least of their worries is finance.

Make your Fourth Liberty Loan subscription a heavy one—oversubscriptions will make the American army that much stronger in morale.

Can you imagine the feeling of the boys at the front if the Fourth Liberty Loan is undersubscribed? And their corresponding elation at a smashing oversubscription?

By the way, can't you stretch that Fourth Liberty Loan subscription to a little larger size.

NO EXTRA SUGAR AND
FLOUR ALLOTMENTS

Displays of pies and cakes at county and state fairs this year will of necessity be prepared from the individual allotments of sugar and flour; no extra allowance will be given any housewife or baker for this purpose.

This announcement was made by Dr. Harry Barnard, federal food administrator for Indiana, incident to the statement that judges on all food exhibits have been requested to judge every such display with special reference to a strict conformity to the federal food regulations. Dr. Barnard says that county food administrators have been urged to get in touch with fair officials with a view to preventing loss of any kind of food that may be brought in for exhibit. It is the hope of the food administration that there will be an absolute minimum wastage of wheat flour and sugar through this medium this year.

Instead of Sugar

Use cane, corn and maple syrups, honey, molasses and fruit syrups. To sweeten your cereals serve with syrups or sweet fruits, such as raisins cooked with the cereal. Use these sweeteners to make desserts—honey or corn syrup for a delicate flavor, and molasses or sorghum for a stronger one.

Has a High Opinion of Chamberlain's
Tablets

"I have a high opinion of Chamberlain's Tablets for biliousness and as a laxative," writes Mrs. C. A. Barnes, Charleston, Ill. "I have never found anything so mild and pleasant to use. My brother has also used these tablets with satisfactory results."

NOTICE OF FINAL ACCOUNT

Notice is hereby given that the undersigned, as administrator of the estate of Anna F. Bassi, deceased, has filed his final account in the County Court of the State of Oregon, for Columbia County, and that Saturday, the 5th day of October, 1918, at the hour of 1 o'clock in the afternoon of said day at the Court room of said Court at St. Helens, Oregon, has been appointed by said Court as the time and place for the hearing of objections thereto and the settlement thereof.

Dated and first published, August 6, 1918.

THOMAS BASSI,
Administrator.

SUMMONS

IN THE CIRCUIT COURT OF THE STATE OF OREGON, FOR THE COUNTY OF COLUMBIA.

Harry C. Mowrey,
Plaintiff,

vs.

Mary Henrietta Mowrey,
Defendant.

To Mary Henrietta Mowrey, Defendant above named:

In the Name of the State of Oregon: You are hereby required to appear and answer to the complaint filed against you in the above entitled suit, within six weeks from the date of the first publication of this summons, to-wit, within six weeks from the 30th day of August, 1918, and if you fail to so answer, for want thereof the plaintiff will take default against you, and will apply to the Court for the relief demanded in the complaint, to-wit, for a decree of divorce absolutely dissolving the marriage contract now existing between the above named plaintiff, Harry C. Mowrey and yourself, and for such other relief as to the Court may seem meet and equitable, all as prayed for in the complaint filed in this cause, to which reference is hereby made.

This summons is made and published and served upon you by publication pursuant to an order made by the Honorable S. C. Morton, on the 27th day of August, 1918, ordering that the same be published once a week for six successive weeks in the St. Helens Mist, a weekly newspaper of general circulation, published at the City of St. Helens, in the County of Columbia and the State of Oregon.

GEORGE L. BROOKS,
Attorney for the Plaintiff,
514 Commonwealth Bldg.,
Portland, Oregon.

Date of first pub., Aug. 30, 1918.

Date of last pub. Oct. 11, 1918.

NOTICE OF FINAL ACCOUNT

Notice is hereby given that the undersigned as administrator with will annexed of the estate of John Frederick Dangertield, deceased, has filed his final account in the County Court of the State of Oregon, for Columbia County, and that Saturday, the 21st day of September, 1918, at the hour of 1 o'clock in the afternoon of said day and the Court Room of said Court have been appointed by said Court as the time and place for the hearing of objections thereto and the settlement thereof.

Dated and first published, August 23, 1918.

HARRY WEST,
Administrator with Will Annexed.
J. W. Day, Attorney. 36-40

October 1st the subscription price of the Mist will be \$2.00 per year. New subscriptions and renewals taken at the old price until that date.

EMIL ENNA

CONCERT PIANIST and TEACHER

will receive pupils in piano playing after September 5th at
THE GUILD HALL, ST. HELENS

BUY

Fruit and Vegetables
FROM US

—And be assured of the best on the market in both fresh and canned goods. Our line of staple and fancy groceries is equal to any.

Quality Steaks and Meats

—A good piece of steak or a nice roast is always in order. Bacon, Sausage, Hams and Lard. We have anything you may want in the line of meats. We want to serve you. Give us a trial.

The People's Market

On the Strand, St. Helens, Oregon

COLUMBIA
COUNTY FAIR

AT ST. HELENS

SEPT 18, 19, 20

BIGGEST AND BEST COUNTY FAIR IN OREGON

Splendid Livestock Exhibits

Dairy Exhibits

Agricultural Exhibits

Liberal Prizes

—The School Exhibit this year will be an Education Within Itself. Plan Now to Attend the Fair. If you Have Anything to Exhibit, Bring it, Perhaps You Will Receive a Prize. Send for the Premium List and Take a Part in the Fair—Because it is Your Fair.

Information Gladly Furnished by

W. J. FULLERTON,
resident, Warren

J. W. ALLEN,
Secretary, St. Helens

The
Columbia County
Fair

MEET YOUR FRIENDS THERE

School Opens September 9

The Boy
Will Need New
Clothes

Send him to school looking his best. We can outfit him from head to foot. BOYS' SUITS, BOYS' KNEE PANTS, BOYS' WASH BLOUSES.

Don't Forget His Shoes

We carry the celebrated Bergman Shoe for boys. They last longer and look better than the ordinary kind. We have a full line of HOSIERY for children and also a large line of CHILDREN'S SHOES.

Send the boys and girls to school looking their best and they will take more pride in themselves and in their work. Let us help you outfit them.

FRED MORGUS

The Credit Needs of Agriculture

have too frequently been neglected by the Banks in the past.

—The Banker has every reason, even from a selfish standpoint, to be interested in the agricultural prosperity of the country.

—We realize this and stand ready to assist.

—May we help you?

—We are here to aid in the betterment and building up of the community.

The First National Bank
of St. Helens

U. S. GOVERNMENT DEPOSITORY

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Merchandise Only

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"Dick FOR Duds"

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Prices Always